



Army Reserve Child, Youth and School Services

CYSS CONNECTIONS

CYSS Mission

To support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities.

2016 1st Quarter Issue

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Volunteerism: Never Too Young To Serve

Today's Army Reserve youth can and want to make a difference within their Army Reserve community. Army Reserve Family Programs and Child, Youth and School Services (CYSS) can provide an outlet for doing so.

A day off from school or a holiday break can provide students with a chance to decompress and rejuvenate. Imagine, though, if it was also an opportunity to spend time with friends, help out the community, build life skills and gain leadership experience.

U.S. Army Reserve Child, Youth and School Services (CYSS) provides exactly that type of opportunity. Through CYSS, Army Reserve Youth can participate in a variety of volunteer activities within their military or local communities that are challenging, rewarding, educational and fun. Examples include initiating canned food drives for the local food bank; setting up, serving food and cleaning up at a unit Family Day; helping younger children with homework and supervising group games during a Youth Enrichment Program (YEP); or volunteer as part of a CYSS Youth Leadership, Education and Development (YLEAD) training.

A Win-Win Proposition

For Army Reserve teens, the benefits are numerous. Volunteerism is an important way for young people to develop knowledge, empathy and life skills while bringing about positive change within their community. It can also help develop valuable leadership skills and confidence as they prepare for college and success in the workforce.

"Through CYSS, I've learned when to take charge and when to fall back," said Khortney H., former 108th Teen Council member and current adult volunteer. "I've learned to have confidence in myself and to use that confidence when speaking, whether it's to one person or an entire room, no matter how much it may terrify me."

Colleges and employers look for well-rounded candidates with dedication, and that dedication shines through clearly on an

application that is filled with volunteer activities. What's more, according to the Corporation for National and Community Service, volunteering is associated with a 27 percent higher chance of employment.

Some youth may view volunteering as boring or hard, but CYSS gives them plenty of freedom to choose to work with organizations that cater to their unique interests, which makes participation much more enjoyable and much more meaningful. Youth can also volunteer for activities related to potential career fields to gain real-life experience and build friendships with others who have similar interests.

For Alexis W., a command youth volunteer, "the most fun" is the operative phrase she uses to describe her YLEAD experience on a local river cleanup project. "You were with all the new friends you made," she said. "I got a sort of pride knowing that I helped the community. It was 100 percent different than what I expected, and it was an experience that I will always remember and be glad I didn't stay home."



Emily C, former Army Reserve Teen Panel (ARTP) member and ARTP Mentor volunteers at a Yellow Ribbon Reintegration Program, Dallas, Texas

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Investing time in volunteering can be rewarding, both personally and academically, for any young person. It instills leadership, communication and social skills that can translate to success in other facets of life as youth grow and evolve. Statistics show that youth who volunteer just one hour or more a week are 50 percent less likely to abuse alcohol, drugs or cigarettes, become pregnant or engage in other destructive behavior.

Volunteering is also becoming more and more relevant as a catalyst to engage young people in global peace and sustainable human development. There are more than 1.2 billion young people in the world today and the Army Reserve has approximately 37,000 youth, ages 13 to 18 years old. They are key agents for military culture and community social change and for providing the energy, creative ideas and determination needed to lead innovation and reform. Along with the academic and personal benefits, getting youth involved provides real benefits for the AR and larger community.

Volunteering helps Army Reserve youth better understand the diversity of their military and civilian community and promotes a lifetime ethic of service. Youth volunteers are a critical component to filling

the unmet needs of Command/unit or community-based organizations that support military families. Youth who volunteer within the Army Reserve Family Programs or CYSS gain a greater appreciation for their parent's or guardian's service and the Army Reserve culture, as well as a strong atmosphere to connect with other Army Reserve youth and network informally with Army Reserve and local leaders.

"I love learning leadership skills and doing community service with people who are passionate about the same things," said Naomi D., an Army Reserve Teen Panel member. "I have always enjoyed being a part of changing the lives of youth and, specifically, military youth."

Creative Service

So how do adults get more reluctant youth to volunteer? Make it fun. There are several ways to do that. Families or a self-starting young person can gather friends, siblings, Family members, co-workers or classmates and make an event of it. Many youth thrive on competition, so creating a contest around volunteering is a useful way to garner interest and also helps ignite the entrepreneurial spirit in our youth. Families

and youth can also create volunteer activities. Statistics show that when youth are able to tailor volunteerism to their specific interests, they are more likely to persist in their volunteering activities. This could be as simple as putting together a flag football game amongst friends or organizing (and even participating in) a concert to raise awareness for a worthy cause.

Being creative and innovative is the most effective way to make volunteering fun and meaningful to youth, and there is no limit to the possibilities. Listed below are just some of the many opportunities for youth volunteerism:

Army Reserve youth can apply to join the Command Teen Council (CTC) or Army Reserve Teen Panel (ARTP). Members of the CTC and ARTP serve as youth statutory volunteers and support events such as Family Days, Battle Training Assemblies, Yellow Ribbon Reintegration Programs (YRRPs), Family Programs trainings, Family Readiness Groups (FRG) meetings as well as serve as junior advisors at CYSS activities and trainings.

arfp.org/cyssprogram.php

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CYSS youth volunteers in action. From left to right: Members of the 80th Training Command Teen Council paint a fence at the Fisher House. Having fun at an Army Reserve Teen Panel training. Members of the ARTP build a house with Habitat for Humanity. Youth Leadership Education and Development participants plant crops at the Interfaith Food Shuttle Teaching Farm. ARTP member Mee'Shaunda R. boxes up the toys her school collected for Families in need.



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For additional volunteer opportunities, youth can query sites and search by age, interest, group size, frequency and more. Below are some of the most popular websites:

United We Serve is President Obama's nationwide service initiative. It's built on the belief that ordinary people can achieve extraordinary things when they have the right tools. Students can search for volunteer opportunities by interest, region and age. serve.gov

The Department of Veterans Affairs Student Volunteer Program lets young people assist with occupational and physical therapy, information technology,

patient escort and more. The experience and training they gain helps them stand out on college and job applications, qualify for scholarship money and develop invaluable friendships. www.volunteer.va.gov/StudentProgram.asp

The American Red Cross embraces the efforts of young humanitarians from elementary to college age. Opportunities include everything from participating in Red Cross Clubs to assisting with disaster relief and blood drives. redcross.org/volunteer/become-a-volunteer#step1

Other volunteer links to check out are: volunteermatch.org, createthegood.org,

idealist.org or generationon.org

Volunteering isn't just about personal career development. It's about working with others to accomplish greater things, improve the lives of others and create healthy, sustainable communities. For more information on how to become a youth statutory volunteer within the Army Reserve, please call 866-345-8248 or visit AFRP.org.

Sources: Sarah Remer, "Challenging Youths Through Volunteer Service," *The Gazette*, April 9, 2013, mtepd.org/challenging-youths-volunteer-service/

United Nations, *Youth and Volunteerism, 2010*, un.org/esa/socdev/documents/youth/fact-sheets/youth-volunteerism.pdf

Why Wait? The Time Is Now!

There's no need to keep waiting and searching for the perfect time to connect with other Army Reserve youth...contact a CYSS Specialist and learn about the opportunities coming up in 2017.



Joint Teen Council members volunteer at the Fisher House during a Service Learning Project

Family Programs University

February 24-26, 2017

Location To Be Determined

Army Reserve teens ages 14-18 will gain the knowledge and skills necessary to become a successful statutory volunteer for their command and Family Readiness Group.

Joint Teen Council / Army Reserve Teen Panel

March 21-26, 2017

Norman, Oklahoma

Joint Teen Council and Army Reserve

Teen Panel members ages 13-18 will meet together and participate in resilience training as well as skill development sessions in order to serve as a junior advisor for command and CYSS events.

Youth Leadership, Education and Development (YLEAD) Summit

June 26-30, 2017 | July 10-14, 2017 | August 7-10, 2017

Norman, Oklahoma

Residents of the continental U.S.

Summer 2017 - date coming soon

Germany

Stationed in Germany, Italy, France

Summer 2017 - date coming soon

Honolulu, Hawaii

Residents of Hawaii, American Samoa and Alaska

YLEAD summits provide an opportunity for teens ages 14-17 to connect with their peers during a four day leadership retreat. Army Reserve youth tell us they feel isolated when they don't know anyone else with a parent or sibling serving in the Army Reserve. Leadership opportunities and positive youth development programs allow youth to connect with others who share their Army Reserve life experience. Teens participate in workshops geared towards enhancing their life and social skills such as: stress management, leadership, communication and understanding the military culture. YLEAD summits have influenced thousands of Army Reserve teens to be a positive contributor to their Family, school, and community.



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CYSS Volunteer Highlight

Army Reserve Teen Panel - Youth Volunteers

"Volunteering with the Army Reserve Teen Panel has taught me special skills that I will use as I enter college, while making me a more resilient person."

Erica U. joined the Army Reserve Teen Panel (ARTP) in December 2012. She started as a representative of the 81st Regional Support Command (RSC), but due to her parent's assignments, Erica also became a representative of the 316th Expeditionary Sustainment Command (ESC) and currently United States Army Reserve Command (USARC).

One of the most seasoned ARTP members, Erica has served as junior advisor at Youth Leadership, Education and Development (YLEAD) events and Teen Council trainings. She most recently served as junior advisor at Army Reserve Family Programs University where she helped co-facilitate Teen Resilience Training group activities, and led team building games. She hopes to continue serving the ARTP by becoming a junior advisor for the Panel.

Erica is currently a freshman at Barton College in Wilson, NC. She is participating in a work-study program with the school's theatre department, and volunteers as a tutor once a week at an alternative school in the city.



Darius A. joined the Army Reserve Teen Panel in June 2014, representing the 4th Expeditionary Sustainment Command (ESC). Actively involved with the 300th Sustainment Brigade (SUS BDE) Family Readiness Group (FRG), Darius is a frequent volunteer during Battle Training Assembly weekends. A seasoned junior advisor, Darius has supported several Yellow Ribbon Reintegration Programs, assisting with Resilience Training for Teens and the Child, Youth and School Services marketing table. Now a high school senior, he serves as president of his high school's National Technical Honor Society, and has added volunteering twice a month at Mission Arlington to his schedule. Upon graduation, Darius plans to attend the University of Texas-Austin and study Computer Science and Accounting.



"I enjoy volunteering and serving my community." -Darius A.



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Recruiting Now...Connect with other Army Reserve Teens

AR youth are faced with unique challenges of becoming suddenly military, and are often times not surrounded by other military youth they can identify with. Volunteering with the Army Reserve Teen Panel or Command Teen Council can impact the lives of AR youth and you will create a connection with teens just like you! No matter where you are or where your community is located, there is a CYSS specialist ready to find opportunities for you to serve others.

Army Reserve Teen Panel

We need you! Join today and speak out for Army Reserve youth!



The Army Reserve Teen Panel (ARTP) is comprised of teens from across the entire Army Reserve Command with a mission to foster communication between Army Reserve teens and Army Reserve leadership on issues facing youth in today's society. Apply now! Applications accepted thru December 30, 2016.

Request an application by contacting Ann Nacino at

anacino@choctawcontracting.com.

What are the requirements?

- ⇒ Enrolled in 9th, 10th or 11th grade
- ⇒ Maintain a 2.5 or better GPA
- ⇒ Be a dependent of an Army Reserve Soldier
- ⇒ Serve a two-year term
- ⇒ Commit to attend up to two meetings per year
- ⇒ Ability to represent and voice concerns of Army Reserve children and youth and find solutions

What do panel members do?

- ⇒ Participate in Teen Issue Forums
- ⇒ Serve as junior advisors for Command Teen Councils and Youth Leadership, Education and Development (YLEAD) Summits
- ⇒ Volunteer at events such as Family Readiness Group meetings, Family Days and Yellow Ribbon Reintegration Programs (commit eight hours per month)
- ⇒ Establish partnerships between AR youth and leadership
- ⇒ Receive training in leadership and teen resilience

Command Teen Council

Connect with teens from your command today!



The goal of Command Teen Councils is to empower youth with the core values of leadership, service and resiliency. They aim to promote high standards of learning through curricula, resources and activities. Contact Carlisha Martin at cmartin@choctawcontracting.com for more information on how to connect with your command today.

What are the requirements?

- ⇒ Ages 13-17
- ⇒ Maintain a 2.5 or better GPA
- ⇒ Be a dependent of an Army Reserve Soldier
- ⇒ Have active participation through virtual meetings, conference calls and face-to-face trainings
- ⇒ Ability to represent the issues of the youth of their command and find solutions
- ⇒ Youth become statutory volunteers for the Army Reserve

What do council members do?

- ⇒ Gain public speaking and leadership skills
- ⇒ Work on professional and personal development skills
- ⇒ Experience workshops on communication and resilience
- ⇒ Develop effective strategies and solutions for issues they face as Army Reserve youth
- ⇒ Receive training in leadership and teen resilience
- ⇒ Connect with youth from your command from across the country



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Core Service Area Highlight

School Support Services

Breaking the Code: Parent-Teacher Conferences

Army Reserve Parents and Guardians

As Army Reserve parents and guardians navigate through the world of parent-teacher conferences, Child, Youth and School Services (CYSS) is here to help.

Trained CYSS specialists are available to answer questions and provide support such as being an advocate during conferences. CYSS Specialists can assist when educators, school counselors and administrators need information on how to support the unique needs of Army Reserve connected youth. Our CYSS specialists can provide information on upcoming opportunities offered by national military partners like the [Setting Up Your Child for Success Webinar](#) hosted by Tutor.com and the Military Child Education Coalition's free podcasts on various topics relating to school success and caregiver support. (militarychild.org/school-success).

Parent-Teacher Conference

A parent-teacher conference is a meeting between the parent or guardian and the teacher to discuss the child's progress in school. This conference happens in elementary, middle and high school, and many parents are preparing for their first meeting of the year in October.

Often the images of parent-teacher conferences bring to mind a student in trouble, causing feelings of defensiveness, nervousness, intimidation or even frustration. However, these opportunities to meet and interact with teachers can be crucial to a student's success in the classroom. If your school does not schedule regular conferences, you can request them.

Parent and guardian involvement in a child's education, especially an Army Reserve child, directly relates to how well the student performs in their academic ventures. The power here is showing support to both the student and the teacher by being engaged and interested, ultimately finding ways to work together to ensure the student's success. While being active in the parent teacher organization, athletic booster club, providing supplies or chaperoning field trips are all great ways to be involved in a student's life, it is the parent-teacher conference that focuses directly on the teamwork necessary for the support of the student.

Before the Conference

Talk to your child—Find out which subjects your child likes the best and the least and why. Also, ask if there is anything your child would like you to talk about with the teacher. Help the child understand that you and the teacher are meeting to help him or her.

Make a list—Before you go to the meeting, make a list of topics to discuss. Along with questions about academics and behavior, you may want to talk to the teacher about the child's home life, personality, concerns, habits, hobbies, and other topics that may help the teacher in working with the child.

During the Conference

Establish rapport and ask questions—Questions you ask during the conference can help you express your hopes for the student's success in class and for the teacher. The teacher's answers should help you both work together to help your child. If your child receives special services (e.g. gifted and talented programs, speech

or occupational therapy), be sure to ask about your child's progress.

Addressing problems—Parent-teacher conferences are a good time to discuss any difficulties (either academic or behavioral) a child might be having at school.

When problems arise, parents should:

- Avoid angry or apologetic reactions. Instead, ask for examples.
- Ask what is being done about the problem and what strategies seem to help at school.
- Develop an action plan that may include steps that parents can take at home and steps the teacher will take when the problem comes up at school.
- Schedule a follow-up conference.

Develop an action plan—If the student needs help with a behavioral or an academic issue, you and the teacher should agree on specific plans to help your child do better. Be sure you understand what the teacher suggests, and set up a way to check on your child's progress.

To find out more information on how CYSS can help you, or to contact a CYSS specialist, please visit ARFP.org or call the Fort Family Outreach and Support Center 24x7x365 at 866-345-8248.



Source: Harvard Family Research Project. "Parent-Teacher Conference." Parent-Teacher Conference Tip Sheets for Principals, Teachers, and Parents. hfrp.org.



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Help During School Breaks: Tips for Securing Care and Staying Connected

Deployment, training or unpredictable schedules can make finding adequate childcare and Family activities difficult. Extended school breaks in November and December may compound these challenges.

Securing Care

While planning for the upcoming holiday season, don't forget that Army Reserve Child, Youth and School Services (CYSS) stands ready to assist with finding childcare and youth supervision options, as well as provide academic resources such as tutoring and homework help when children are out of school. Securing childcare over school breaks is a challenge many Army Reserve Families face, and finding quality childcare is an absolute necessity. Having options during these seasons, and knowing about resources within the community, can help make these moments less stressful.

Because many Army Reserve Families do not live near an installation, programming is available for preschool-age children in some areas and community programs geared toward school-age children (graded K-8) are a great way to ensure children are actively engaged during school breaks. Programs provide a variety of activities such as arts and crafts, swimming, drama and organized sports. During your search, look for reputable organizations operating programs such as local parks and recreation departments, community organizations and childcare centers. CYSS is equipped to help you locate these resources. Should you desire childcare for your youth, finding a Family childcare provider can be done through your local Child Care Resource & Referral Agency (CCR&R) which provides guidance by phone, in person and online. Contact a CYSS command specialist to help you locate the agency that operates the CCR&R that services your area.

Utilizing Community-Based Partnerships

Army Reserve Families can also take advantage of the many established national military partnerships. The Boys and Girls Clubs of America (bgca.org), YMCA (ymca.net), and 4-H (4hmilitarypartnerships.org) offer excellent options for school age youth and teens to spend their time during school breaks. Programming for these partners is location or state specific, but a CYSS specialist can help you navigate the options. Also of note, the Armed Services YMCA (ASYMCA) offers junior enlisted Families the chance to participate in Family, youth and teen camps

year-round through Operation Outdoors (asymca.org/programs/operationoutdoors/).

For Families who have the opportunity to enjoy time off from work, or are home with their children on a regular basis, school breaks are an excellent time to stay home and catch up on things you can't normally get to during the school year. Make this time a fun occasion for the Family by baking and allowing the kids to decorate cookies and other tasty treats. Or consider hosting a Family game day and invite friends over to join the fun. Don't forget to get outside and play if the weather permits. Sometimes simple, tried and true activities that are budget friendly can create the greatest memories.

Staying Connected

Holiday breaks can be a wonderful opportunity to spend quality time with your children without trying to squeeze in homework and busy extracurricular schedules. However, sometimes the best laid plans for extended Family time are met with the unexpected. So this holiday season, try to set reasonable expectations, be flexible and find ways to connect doing everyday activities.

Toymail has two great items for bridging the long-distance between military Families while their Soldier is away. Recommended for ages 3 and up, Talkies, a WiFi Voice Messenger, provide a simple way for Soldiers to voice chat with their children. And if WiFi connectivity is unavailable, Teensies are mini voice records that allow for the recording and playback of message and can be mailed to your Soldier.

Volunteering can also be a great bonding experience for your Family, and the holiday season offers a wealth of volunteer opportunities. You are able to spend time with each other while doing something that improves the lives of others in your community. For example, creating care packages for deployed Soldiers is a great way to support the Army Reserve community. Contact a CYSS specialist for assistance identifying if there are any deployed units within your command to which you can send care packages. Having the whole Family volunteer at the unit's next Family Day is another alternative to making a difference in your Army Reserve Community. Children can help with games or

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arts and crafts. The Soldier's spouse or partner can greet and welcome Families. And the Soldier can help with set up or clean up.

If the weather does not permit your Family to spend time outdoors, arts and crafts is a great way to foster creativity, practice fine motor skills and cultivate imagination and self-expression.

Arts and crafts help improve eye-hand coordination, self-regulation (some projects require waiting!) and accelerates bilateral coordination between the left and right side of the brain.

When Family members at any age of a deployed Soldier engage in arts and crafts, they can create projects to help support the parent or guardian who is away. Sending the project to the deployed parent or guardian helps to maintain communication between the Soldier and Family members, and helps to strengthen relationships. If a deployed Soldier is away during the holidays, children can create greeting cards and holiday decorations and send them to their parent or guardian. They can also create duplicate cards and/or decorations for their home so that it resembles the décor sent abroad.

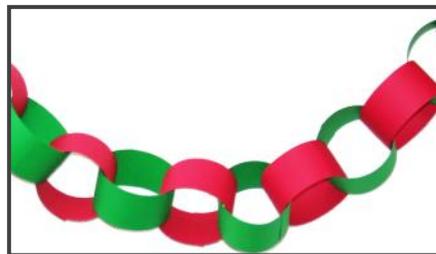


A simple activity like Family drawing time is something in which all ages can participate. Clear off the table, cover it in butcher paper

(or individual pieces of paper) and get creative! Use pencils, crayons, markers, paint - whatever you have on hand. For some extra fun, set a timer for every five minutes and when it goes off, swap artwork and work on someone else's creation. While you're working, engage each other in conversation, and when you're finished, don't forget to display your masterpieces.

Arts and crafts projects are thoughtful ways to remember the Soldier for Family members at home, and for the Soldier to be reminded how much he or she is missed. A Soldier can trace his/her hand and mail it to their Family. The drawing can then be turned into a magnet or just posted as-is on the refrigerator. Any time something positive happens, Family members can "give" their deployed Soldier high-five! This can increase feelings of

connectedness. When the Family speaks to the Soldier, they can revisit the situations they high-fived since their last talk.



Another deployment related craft activity is to create a reunion paper link chain. Using 8.5" x 11" paper (the more colorful -the better), a ruler and a pair of scissors, cut

long, rectangular strips that are 1" x 8.5" in size. Each strip of paper makes one "link" in the chain, and you should end up with 11 strips per sheet of paper. Family members can write things they want the Soldier to know when they return from deployment on each link. To link the chain, use glue, tape or a stapler to attach the far ends of one paper strip together into a ring. Once you have one sturdy ring, thread another strip of paper through the center of the loop and join the ends of this second strip together with glue, tape or a stapler. Ensure that your rings are steady. Display the chain in your home and add to it as you like. Once the Soldier returns and over the course of reintegration, spend time sharing the sentiments from the chain.

The following resources can also help separated family members stay connected during the holidays:

- Zero to Three (zerotothree.org) has developed tools for parents to use as they navigate military-connected life.
- Sesame Workshop (sesamestreetformilitaryfamilies.org) helps Families learn ways to be together, even when they're apart. Through the website, children can create greeting cards, music compositions and artwork that can be customized with color, words, family photos and virtual stickers that can be emailed to their Soldier.
- MilitaryKidsConnect (militarykidsconnect.dcoe.mil) offers age-appropriate resources and tools to help youth stay connected with deployed parents.

Remember, CYSS is ready to support your Family along the way. Contact Fort Family Outreach and Support Center 24x7x365 at 866-345-8248 to request a CYSS referral or visit ARFP.org.

Sources:

Military One Source militaryonesource.mil

Childcare Aware: childcareaware.org



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Community Partner Highlight

Teen Read Week: October 9-15

Teen Read Week is a national literacy initiative of the Young Adult Library Services Association (YALSA), a division of the American Library Association.

Teen Read Week was started in 1998 and is aimed at teens, their parents, librarians, educators, booksellers and other concerned adults. Although teens realize the importance of reading, they have a large list of activities to choose from when figuring out how to spend their free time. The National Assessment of Educational Progress (NAEP) reports that over the last 20 years, there have been only minimal gains in reading achievement. Therefore, the continuing message of the Teen Read Week initiative is to encourage 12-18 year olds to "Read For The Fun Of It". Teen Read Week is celebrated the third full week in October every year.



2016 Teen Read Week Top Ten Nominees

Teens' Top Ten is a "teen choice" list, where teens nominate and choose their favorite books of the previous year! Voting is open through Teen Read Week. The Top Ten titles will be announced the week of October 17, 2016. Visit ala.org/yalsa/teenstopten to vote and find other recommended teen book lists.

[Alive](#) by Chandler Baker
[Six of Crows](#) by Leigh Bardugo
[The Darkest Part of the Forest](#) by Holly Black
[The Game of Love and Death](#) by Martha Brockenbrough
[Powerless](#) by Tera Lynn Childs, Tracy Deeb
[Mechanica](#) by Betsy Cornwell
[The Witch Hunter](#) by Virginia Boecker
[You and Me and Him](#) by Kris Dinnison
[The Summer After You and Me](#) by Jennifer Salvato Dottorski
[The Devil You Know](#) by Trish Doller
[Charlie, Presumed Dead](#) by Anne Heltzel
[Illuminae](#) (The Illuminae Files) by Amie Kaufman
[When](#) by Victoria Laurie
[The Novice: Summoner: Book One](#) by Taran Matharu
[Mark of the Thief](#) (Praetor War) by Jennifer A. Nielsen
[All the Bright Places](#) by Jennifer Niven
[I Am Princess X](#) by Cherie Priest
[Hold Me Like a Breath: Once Upon a Crime Family](#) by Tiffany Schmidt
[Con Academy](#) by Joe Schreiber
[The Ghosts of Heaven](#) by Marcus Sedgwick
[The Glass Arrow](#) by Kristen Simmons
[Black Widow Forever Red](#) (A Marvel YA Novel) by Margaret Stohl

[Every Last Word](#) by Tamara Ireland Stone
[Zeroes](#) by Scott Westerfeld, Margo Lanagan, Deborah Biancotti
[Suicide Notes from Beautiful Girls](#) by Lynn Weingarten
[Everything, Everything](#) by Nicola Yoon

Additional ways to get involved with Teen Read Week!

- ⇒ Connect with your local public or school library. They have tons of resources and may have special events and programs in celebration of TRW.
- ⇒ Start or join a book club with your friends. You could even meet virtually.
- ⇒ Try learning a new language.
- ⇒ Get your Family involved for a Family Read Week.
- ⇒ Read anything, read everything! YALSA's list of award-winning books for teens as well as other recommended reading is available at www.ala.org/yalsa/booklists.
- ⇒ Even more reading recommendations are available at The Hub: yalsa.ala.org/thehub/



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To find out more information on CYSS and how to contact a CYSS Specialist for support, please visit ARFP.org

Connect on arfp.org/cyss

Child, Youth and School Services

- **Ask A Question**

Have a question for CYSS? We're happy to answer. Please complete the online contact form at the link below.

[Contact CYSS](http://arfp.org)

- **Needs Assessment**

The Needs Assessments allows CYSS Specialists to provide individualized assistance, resources, age-appropriate programs and services available to Soldiers and their DEERS-eligible children, as well as additional programs and services available before, during and after deployed based on the family's needs.

If you not able to complete the on-line form, download a fillable CYSS Needs Assessment at arfp.org

- **Contact Fort Family Outreach and Support Center:
866-345-8248 (CONUS) or 0631-411-4592 (OCONUS)**

Contact Fort Family Outreach and Support Center (FFOSC) to receive a CYSS referral for support and request services. FFOSC is available 24/7, 365 days a year to provide live support to Army Reserve Soldiers and Families.



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This information has been provided by Army Reserve Child, Youth and School Services.
For more information on resources and programs, please visit: ARFP.org/CYSS

Fort Family Outreach & Support Center
We Inspire and Empower - Anytime. Anywhere. 24x7x365
We're here for you! Call: 866-345-8248 (OCONUS: 0631-411-4592) Visit: ARFP.org